

Cookbook for Kankakee High School 4

Created by HPS Menu Planner

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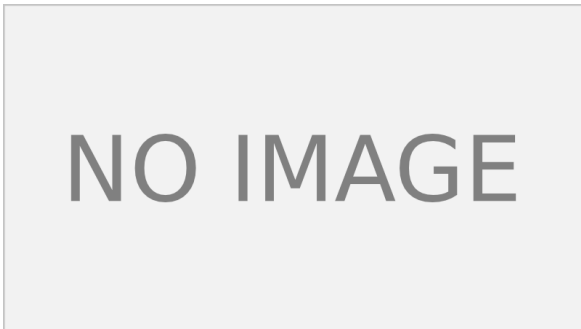
KHS-Stir Fry Beef w/Yakisoba noodles

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Far East Vegetable Blend

KHS-Yang's Mandarin Orange Chicken & Asian Fried Rice



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 192.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10774 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|----------------------|
| ENTREE CHIX MAND ORNG W/SCE 6-5# YANG | 864 Ounce | Per Serving 2.5oz Chicken w/1.1 oz sauce. Place chicken on a sheet tray in a single layer . Bake in preheated oven @ 400 degrees F for 16-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Place bag of sauce in a steam table pan and heat for 10-15 minutes or until the internal temperature reaches 165 degrees F or 15 minutes seconds or longer. 4.5oz serving use #6 scoop | 550512 |
| Vegetable Fried Rice | 288 Serving | HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4oz ladle 6.38 oz use # 6 scoop once and 2nd time 1/3rd full | Wilkens Food Service |

Preparation Instructions

To assemble:

Place Rice 6.38 oz use # 6 scoop once and 2nd time 1/3rd full in serving bowl (square bowl), then add 4.5oz use #6 scoop, Chicken w/sauce

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| Grain | 1.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.38 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 502.50 | | |
| Fat | 12.75g | | |
| SaturatedFat | 1.38g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 50.00mg | | |
| Sodium | 860.00mg | | |
| Carbohydrates | 73.25g | | |
| Fiber | 6.00g | | |
| Sugar | 17.00g | | |
| Protein | 24.25g | | |
| Vitamin A | 0.00IU | Vitamin C | 1.50mg |
| Calcium | 0.00mg | Iron | 0.90mg |

KHS-Stir Fry Beef w/Asian Fried Rice

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10367 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|----------------------|
| CARROT CELERY STIX COMBO 2-5 RSS | 15 Cup | 2/5# bags-80oz per bag/160oz | 302198 |
| PEPPERS RED DOMESTIC 23 MRKN | 5 Cup | | 560715 |
| ONION RING 1/4 2-5 RSS | 10 Cup | | 542326 |
| Broccoli Florets | 20 Cup | READY_TO_EAT | Wilkens Food Service |
| BEEF SLCD CKD 10-3# ADV | 125 Ounce | GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F. | 598762 |
| GARLIC MINCED IN WTR 6-32Z ITALR | 3/4 Cup | 6/32oz bottles per case | 874910 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 3/4 Cup | 6/1 gallon per case | 732900 |
| SPICE GINGER GRND 16Z TRDE | 33/100 Cup | 16oz | 513695 |
| SAUCE SOY LITE 6-.5GAL KIKK | 3/4 Cup | 6/5 gal per case | 466425 |
| VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND | 3/4 Cup | 4/1 gallon per case READY_TO_EAT Use directly from the bottle. | 868830 |

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|---|----------------------|
| Vegetable Fried Rice | 50 Serving | HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle | Wilkens Food Service |

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Asian Fried rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm asian fried rice and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.80 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.40 |
| RedVeg | 0.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|---------|
| Calories | 419.26 | | |
| Fat | 18.37g | | |
| SaturatedFat | 3.89g | | |
| Trans Fat | 0.45g | | |
| Cholesterol | 40.47mg | | |
| Sodium | 779.71mg | | |
| Carbohydrates | 45.11g | | |
| Fiber | 6.73g | | |
| Sugar | 7.66g | | |
| Protein | 20.94g | | |
| Vitamin A | 6228.55IU | Vitamin C | 57.75mg |
| Calcium | 61.07mg | Iron | 30.37mg |

KHS-Stir Fry Chicken w/Asian Fried Rice



| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10380 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|----------------------|
| CARROT CELERY STIX COMBO 2-5 RSS | 15 Cup | 2/5# bags-80oz per bag/160oz | 302198 |
| PEPPERS RED DOMESTIC 23 MRKN | 5 Cup | | 560715 |
| ONION RING 1/4 2-5 RSS | 10 Cup | | 542326 |
| Broccoli Florets | 20 Cup | READY_TO_EAT | Wilkens Food Service |
| GARLIC MINCED IN WTR 6-32Z ITALR | 3 Teaspoon | 6/32oz bottles per case | 874910 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 3/4 Cup | 6/1 gallon per case | 732900 |
| SPICE GINGER GRND 16Z TRDE | 5 Teaspoon | 16oz | 513695 |
| SAUCE SOY LITE 6-.5GAL KIKK | 2 Cup | 6/.5 gal per case | 466425 |
| VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND | 2 Cup | 4/1 gallon per case READY_TO_EAT Use directly from the bottle. | 868830 |
| CHIX PULLED WHT & DRK BLND 2-5 TYS | 150 Ounce | Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop | 467802 |

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|---|----------------------|
| Vegetable Fried Rice | 50 Serving | HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle | Wilkens Food Service |

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everything together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.40 |
| RedVeg | 0.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|-----------|------------------|---------|
| Calories | 417.07 | | |
| Fat | 14.38g | | |
| SaturatedFat | 2.24g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 60.00mg | | |
| Sodium | 893.91mg | | |
| Carbohydrates | 42.65g | | |
| Fiber | 6.73g | | |
| Sugar | 5.86g | | |
| Protein | 29.65g | | |
| Vitamin A | 6228.55IU | Vitamin C | 57.75mg |
| Calcium | 46.05mg | Iron | 29.83mg |

KHS-Stir Fry Pork w/Asian Fried Rice

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10381 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|----------------------|
| CARROT CELERY STIX COMBO 2-5 RSS | 15 Cup | 2/5# bags-80oz per bag/160oz | 302198 |
| PEPPERS RED DOMESTIC 23 MRKN | 5 Cup | | 560715 |
| ONION RING 1/4 2-5 RSS | 10 Cup | | 542326 |
| Broccoli Florets | 20 Cup | READY_TO_EAT | Wilkins Food Service |
| GARLIC MINCED IN WTR 6-32Z ITALR | 1/4 Cup | 6/32oz bottles per case | 874910 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 1/2 Cup | 6/1 gallon per case | 732900 |
| SPICE GINGER GRND 16Z TRDE | 5 Teaspoon | 16oz | 513695 |
| SAUCE SOY LITE 6-.5GAL KIKK | 3/4 Cup | 6/.5 gal per case | 466425 |
| VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND | 3/4 Cup | 4/1 gallon per case READY_TO_EAT Use directly from the bottle. | 868830 |

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|-------------------------|
| CARNITA PORK CHPD 4-5 BROOKWOOD | 125 Ounce | Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case | 549412 |
| Vegetable Fried Rice | 50 Serving | HEAT_AND_SERVE From Thawed state: Convection Oven: Pre heat oven to 350 degrees F. spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Remove from oven, uncover and fluff. Steamer: place entire bag into 4" steam table pan and place into steamer for 18-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. Open bag and place rice in 2" full steamtable pan or half pan. Use #8 scoop or 4.25oz ladle | Wilkens Food Service |

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Asian Fried Rice from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 4.25oz use#8 scoop warm Asian Fried Rice and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.40 |
| RedVeg | 0.00 |
| OtherVeg | 0.25 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 421.37 |
| Fat | 16.26g |
| SaturatedFat | 3.66g |
| Trans Fat | 0.00g |
| Cholesterol | 53.00mg |
| Sodium | 593.91mg |
| Carbohydrates | 42.03g |
| Fiber | 6.73g |
| Sugar | 6.86g |
| Protein | 25.25g |
| Vitamin A 6228.55IU | Vitamin C 59.55mg |

Calcium 56.05mg **Iron** 29.65mg

KHS-Stir Fry Beef w/Yakisoba noodles



| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10362 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|---------------|---|----------------------|
| CARROT CELERY STIX COMBO 2-5 RSS | 15 Cup | 2/5# bags-80oz per bag/160oz | 302198 |
| PEPPERS RED DOMESTIC 23 MRKN | 5 Cup | | 560715 |
| ONION RING 1/4 2-5 RSS | 10 Cup | | 542326 |
| Broccoli Florets | 20 Cup | READY_TO_EAT | Wilkens Food Service |
| Yakisoba noodles-Whole Grain | 50 Serving | Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F. | Wilkens Food Service |
| BEEF SLCD CKD 10-3# ADV | 125 Ounce | GRILL Flat Grill: From thawed state, preheat flat grill to 350 degrees F. Place portioned amount on top of flat grill and spread out to ensure even cooking. Cook for 1-2 minutes on each side or until internal temperature reaches 145 degrees F. | 598762 |
| GARLIC MINCED IN WTR 6-32Z ITALR | 1/4 Cup | 6/32oz bottles per case | 874910 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 10 Tablespoon | 6/1 gallon per case | 732900 |
| SPICE GINGER GRND 16Z TRDE | 33/100 Cup | 16oz | 513695 |

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| SAUCE SOY LITE 6-.5GAL KIKK | 2 1/4 Cup | 6/.5 gal per case | 466425 |
| VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND | 2 1/4 Cup | 4/1 gallon per case READY_TO_EAT Use directly from the bottle. | 868830 |

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Grill meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm beef with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.80 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.40 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 319.26 |
| Fat | 13.31g |
| SaturatedFat | 3.35g |
| Trans Fat | 0.45g |
| Cholesterol | 40.47mg |
| Sodium | 755.11mg |
| Carbohydrates | 33.59g |
| Fiber | 4.73g |
| Sugar | 5.66g |
| Protein | 17.42g |
| Vitamin A 6228.55IU | Vitamin C 57.75mg |
| Calcium 61.07mg | Iron 30.37mg |

KHS-Stir Fry Chicken w/Yakisoba noodles

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10363 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|----------------------|
| CARROT CELERY STIX COMBO 2-5 RSS | 15 Cup | 2/5# bags-80oz per bag/160oz | 302198 |
| PEPPERS RED DOMESTIC 23 MRKN | 5 Cup | | 560715 |
| ONION RING 1/4 2-5 RSS | 10 Cup | | 542326 |
| Broccoli Florets | 20 Cup | READY_TO_EAT | Wilkens Food Service |
| Yakisoba noodles-Whole Grain | 50 Serving | Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F. | Wilkens Food Service |
| GARLIC MINCED IN WTR 6-32Z ITALR | 3/4 Cup | 6/32oz bottles per case | 874910 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 3/4 Cup | 6/1 gallon per case | 732900 |
| SPICE GINGER GRND 16Z TRDE | 5 Teaspoon | 16oz | 513695 |
| SAUCE SOY LITE 6-.5GAL KIKK | 2 Cup | 6/.5 gal per case | 466425 |

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND | 2 Cup | 4/1 gallon per case READY_TO_EAT Use directly from the bottle. | 868830 |
| CHIX PULLED WHT & DRK BLND 2-5 TYS | 150 Ounce | Keep Frozen until ready to serve. Thaw under refrigeration for 24-48 hours. 2.2oz per servings use #16 scoop | 467802 |

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 3oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.40 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

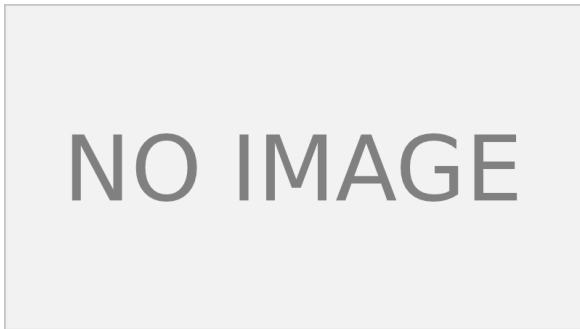
Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 320.37 |
| Fat | 9.88g |
| SaturatedFat | 1.74g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 578.91mg |
| Carbohydrates | 31.31g |
| Fiber | 4.73g |
| Sugar | 3.86g |
| Protein | 25.65g |
| Vitamin A 6228.55IU | Vitamin C 57.75mg |
| Calcium 46.05mg | Iron 29.83mg |

KHS-Stir Fry Pork w/Yakisoba noodles



| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-10364 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|----------------------|
| CARROT CELERY STIX COMBO 2-5 RSS | 15 Cup | 2/5# bags-80oz per bag/160oz | 302198 |
| PEPPERS RED DOMESTIC 23 MRKN | 5 Cup | | 560715 |
| ONION RING 1/4 2-5 RSS | 10 Cup | | 542326 |
| Broccoli Florets | 20 Cup | READY_TO_EAT | Wilkens Food Service |
| Yakisoba noodles-Whole Grain | 50 Serving | Keep frozen until ready to use: thaw under refrigeration 24-48 hours prior to using. HEAT_AND_SERVE Heat pan, wok or flat grill to 450 degreesF. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. continue cooking until hot or 165degrees F. | Wilkens Food Service |
| GARLIC MINCED IN WTR 6-32Z ITALR | 1/4 Cup | 6/32oz bottles per case | 874910 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 3/4 Cup | 6/1 gallon per case | 732900 |
| SPICE GINGER GRND 16Z TRDE | 5 Teaspoon | 16oz | 513695 |
| SAUCE SOY LITE 6-.5GAL KIKK | 2 Cup | 6/.5 gal per case | 466425 |

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND | 2 Cup | 4/1 gallon per case READY_TO_EAT Use directly from the bottle. | 868830 |
| CARNITA PORK CHPD 4-5 BROOKWOOD | 125 Ounce | Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F. 2.5oz per serving use #12 scoop 4/5# per case 80oz per bag/320oz per case=128 servings per case | 549412 |

Preparation Instructions

Make day before Yakisoba sauce: whisk together soy sauce, rice wine vinegar, ginger and minced garlic. This sauce is optional

To make 1 entree:

- 1) Cook meat according from instructions above.
- 2) Grill yakisoba noodles from instructions above
- 2) Heat a large saute pan or wok with a small amount of oil. Add veggies and sautee until crisp tender, about 5-7 minutes.
- 3) Take Yakisoba sauce out of cooler and bring to room temperature.
- 4) Combine 2.06oz use#16 scoop warm yakisoba noodles and 2.5oz use #12 scoop warm chicken with 1 1/2 cups of veggies and 1/8 cup of sauce in your pan. Use kitchen tongs to incorporate everthing together.
- 5) Continue cooking until veggies have softened to your preference and the sauce has thickened a bit.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.40 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 336.97 |
| Fat | 12.88g |
| SaturatedFat | 3.24g |
| Trans Fat | 0.00g |
| Cholesterol | 53.00mg |
| Sodium | 520.91mg |
| Carbohydrates | 30.83g |
| Fiber | 4.73g |
| Sugar | 4.86g |
| Protein | 21.65g |
| Vitamin A 6228.55IU | Vitamin C 59.55mg |
| Calcium 56.05mg | Iron 29.65mg |

Far East Vegetable Blend



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 96.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8580 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|--|------------|
| VEG BLND FAR EAST 12-2 GFS | 48 Cup | DO NOT THAW PRIOR TO COOKING. PACKAGING: 2# POLY BAG IN CORRUGATE BOX. PRODUCT PREP: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SHELF LIFE: FROZEN= 1 YR. 100% IQF- NO WASTE. | 491209 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 20.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 15.00mg |
| Carbohydrates | 2.50g |
| Fiber | 1.00g |
| Sugar | 1.00g |
| Protein | 0.50g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 375.00IU | Vitamin C | 7.50mg |
| Calcium | 10.00mg | Iron | 0.18mg |